



# SOUTH HADLEY COUNCIL ON AGING

# The Golden Chronicle

April 2023

FUN, FITNESS, & FRIENDS!



Monday-Friday  
8:00 a.m. - 4:30 p.m.  
Tuesday- 7:00 p.m.



45 Dayton Street  
South Hadley MA 01075



413-538-5030 press 3



[www.southhadley.org/  
324/Council-on-Aging](http://www.southhadley.org/324/Council-on-Aging)



[southhadley.org](http://southhadley.org)



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TOWN OF SOUTH HADLEY  
**AGE & DEMENTIA  
FRIENDLY**

### Kick-Off Celebration:

**Learn more about South Hadley's Age and Dementia Friendly Goals.**

**April 4, 2023 - 3:30- 6:00 pm**

**Open to the Public \* Raffle Basket \* Complimentary Soup!!**

#### **3:30 p.m.-4:30 p.m. Age and Dementia Friendly Panel**

Overview of town-wide initiatives with linkages to the South Hadley Master Plan, town departments, and state-wide initiatives. Moderated by Town Administrator Lisa Wong.

#### **4:30 p.m.-5:30 p.m. Dementia Friendly Awareness Program**

Learn the difference between normal age-related memory loss and dementia, and how South Hadley is working to be a dementia friendly community.

#### **5:30 p.m.-6:00 p.m. Mental Health Initiatives**

Learn about new initiatives by the South Hadley Police Department and a partnership between the Senior Center and WestMass Elder-Care to provide services to those community members who struggle with mental health and wellness.

#### **6:00 p.m. Soup at the Woodlawn Café**

Raffle Basket and complimentary soup for those who attend all sessions. **Sponsored by the Friends of the South Hadley Seniors.**

Did you know that all programs, exercise classes, and presentations require registration?  
Call, email, or stop in at the COA to register for the upcoming April events.



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**Birthday/ Anniversary Lunch & Concert with Tony and Amanda**  
**Thursday, April 13th at 12:00 p.m.**

This event is sponsored by The Friends of the South Hadley Seniors. Free to Birthday & Anniversary recipients. The meal will be Crab Cake, Red Roasted Potatoes, and Coleslaw. You must register by Wednesday, April 12th by noon.



**Community Table: Monday-Friday Served by 12:15 p.m.**  
**Reserve meals by noon the day before.**

A suggested, and confidential, donation of \$2.50 for guests 60 or older, those under 60 are charged \$6.50 per Federal Regulations. The title III-C Meal Site program is provided by WestMass ElderCare through funding from EOE.

**Breakfast-To-Go-Menu: Monday- Friday Pick-up from Noon - 12:30 p.m. Reserve meals by noon the day before.**

Breakfast meals are delivered cold and are meant to be heated the following morning. A suggested, confidential, voluntary donation of \$2.50 per meal.

For nutrition questions call WMEC at 413-538-9020. x313

**THE WOODLAWN CAFE**  
 Monday-Friday 8:00am to 2:00pm  
 Tuesday Evenings 3:30pm to 6:30pm

<p><b>BAKED GOODS</b>                  .....                  SELECTION OF TOAST,                  ENGLISH MUFFINS,                  MUFFINS, SCONES,                  DANISH AND SWEETS.  <i>Changes Daily</i></p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>SANDWICHES</b></p> <p>EGG &amp; OLIVE                  HAM &amp; PICKLE                  HAM &amp; CHEESE                  TURKEY &amp; CHEESE  <i>On your choice of bread                  with lettuce and tomato.</i></p>
<p style="text-align: center; border: 2px solid brown; border-radius: 50%; padding: 20px;"><b>SOUP                  CHOWDER                  CHILI</b></p> <p><i>Stop by or call the center for                  daily selections. Cash Only</i></p>	<p style="text-align: center;"><b>BEVERAGES</b></p> <p>TEA SODA                  COFFEE JUICE                  WATER</p>

**Upcoming: May is Older Americans Month. FREE Coffee and Donut on Mondays. Thanks to The Friends of the South Hadley Seniors.**



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## 4 Special Programs– Please Register

### **UCLA Memory Training**

**April 6, 13, 20 and May 4. 10:00 a.m.**

This program is an innovative 4 week educational program for improving memory. Practice everyday memory techniques, overcome tip-of-the-tongue memory slips. 9 out of 10 participants report improvement in their memory. This program will be co-facilitated by Carol Constant CDP and Susa LaBonte, Retired Special Education Teacher. This program was written and designed by Gary Small, MD and Linda Ercolil PhD. for people with memory concerns. It is taught by certified trainers who demonstrate strategic techniques in an interactive classroom setting.

### **Supper Club Demo**

**Wednesday, April 5th at 1:30 p.m.**

The Seder Plate This workshop is free and open to all. Join Chef Maggie to learn about the Seder Plate and Passover. Learn how to make an authentic Matzo Ball Soup and delicious dessert variations. Recipes and samples are included.

**Farmer's Market/ Store trip:** Minimum of 5 participants. Mini Bus will leave from the Senior Center.

**April 6th at 1:15 p.m. :** Indoor McKinstry Market

**Trip to Cracker Barrel: Minimum of 5 Participants**  
**Friday, April 7th 9:00 a.m.**

Join us for breakfast and shopping at Cracker Barrel

### **A Beeyonder Tour: Virtual Live Presentation.**

**Enjoy this tour from your seat at the Senior Center. This program series is sponsored by The Friends of South Hadley Seniors.**

### **Millions of Tulips in Keukenhof Gardens.**

**Wednesday, April 12, 12:30 p.m.**

Every year millions of tulips are grown in the Keukenhof Gardens just south of Amsterdam. They are imaginatively and artistically laid out in a variety of different garden styles. This tour will take you around and show you the best sights.

### **Senior Living Options Fair**

**Tuesday, April 11th 3:30 p.m. - 6:30 p.m.**

We have invited several Assisted Living and Independent Living programs from the area. They will be set up and ready to answer your questions.

### **WesternMass Food Bank: Sugar and You**

**Friday, April 14th at 2:00 p.m.**

Meredith Starr plans to bring little samples, prepared ahead of time in their Food Bank Kitchen, from one of their cookbook recipes.

### **National Healthcare Decisions Day Information**

**Friday, April 14<sup>th</sup> from 10:00 a.m. to 1:00 p.m.**

Our Public Health Nurse, Maureen Couture, RN and Karen Buscemi, PMH-NP will be ready to guide older adults in filling out their Health Care Proxy forms.

### **Garden Bingo**

**Tuesday, April 18th at 1:00 p.m.**

Join us as we celebrate Mother Nature and our beautiful Earth! Each Bingo winner will receive a free houseplant in a fun pot. Free refreshments!

### **Earth Day with Rebekah**

**Thursday, April 20th at 2:30 p.m.**

Rebecca Cornell, SH Conservation Administrator/Planner, will speak about Earth Day and her projects.

### **Mens Breakfast– Free!**

**Friday, April 21st 8:30 a.m.**

Served by Dan Pease and friends from SHCTV.

### **My Big Fat Greek Easter**

**Tues, April 25th at 3:00 p.m. Tickets \$15 (Limit 30)**

Join the Supper Club as they create a Greek Easter feast. From fresh olive and tomato salad, crispy lemon potatoes, and a spectacular roast lamb, hand tossed pita, and extra special baklava for dessert.



## Tuesday Evening Programs

### ***Lifelong Learning Lecture Series: It's Never Too Late to Learn a New Language***

**Tuesday April 18, 2023 5:30-7:00 pm This program is funded by The South Hadley Travel Club**

Speaker: Jean Janecki, Director, Mount Holyoke College Language and Culture Commons

Topic: If you have always contemplated learning a foreign language but never had the opportunity, well, now is the time. Dr. Janecki will discuss fun and simple ways to learn about new languages and cultures.

**Turning 65 & Thinking about MEDICARE? Please join COA Counselor Sue Lamastro for a presentation on All Things Medicare Tuesday, April 25th at 5:30 p.m.**

Sue will provide answers to many questions such as: Should I sign up for Medicare? How do I Apply? Who do I Call if I Need Help? This a FREE presentation and all new Seniors are welcome and encouraged to attend! Please register in advance by calling 538.5030 Option 3.

**Funding from the Older Americans Act, through the Executive Office of Elder Affairs, and the Administration for Community Living, provide grant funding for the following: funding for the Technology Instructor, the Companion/ Transportation Program and the Caregiver Respite Grant .**



## Transportation

The COA provides **free** in town transportation for residents 60-yrs and older. Our minibus is equipped with a wheelchair lift.

Rides must be scheduled 24 hours in advance. Monday - Friday from 9:00 a.m. to 3:30 p.m.

**Need to run an errand in South Hadley? Give us a call!**

Transportation can be used for errands, medical appointments, grocery shopping, trips to the senior center, and social occasions.

**Transportation is Available on Tuesday Evenings: Free of Charge!!**

We are pleased to add transportation to our Tuesday night programs. Door-to-door pickups start at 4:00 p.m. Return trip is scheduled to leave the COA at 7:00 p.m. Please call 24-hours in advance to reserve.

**NEW! Out of Town Medical Transportation Holyoke Medical Center Campus & Trinity Health Of New England Medical Group: Chicopee**  
Transportation to non-emergent medical appointments to the Holyoke Medical Center Campus or Trinity Health of New England in Chicopee is available. You must be physically able to get into the medical office without the assistance of the driver. Companions are welcome to accompany rider.

**This service is free of charge.**

## Shopping Schedule:

Round Trip from home to the store. Please call the COA 24 hours in advance to join!  
3 bag maximum

Tuesday	Friday
4th 11:30 p.m. 	7th 1:00 p.m. 
11th 11:30 p.m. 	14th 1:00 p.m. 
18th 11:30 p.m. 	21st 1:00 p.m. 
25th 11:30 p.m. 	28th 1:00 p.m. 

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## 6 Support Services

These programs and services support caregivers, family members and friends who are caring for a loved one with memory loss, dementia or Alzheimer's Disease.

### Memory Café

Reopens April 20th, join us for lunch at 11:30 with an orchids program to follow. You must register for lunch 24 hours in advance.

### Caregiver Respite Grant

A partnership between the South Hadley Council on Aging and WestMass ElderCare

If you need respite services for a loved one with memory loss, please consider applying for our Caregiver Respite Grant. The grant provides financial assistance up to \$500 per calendar year for respite support for families who are caring for a South Hadley older adult with Alzheimer's Disease or Dementia. Please call Ann Andras for more information.

### Caregiver Support Group

April 5th and 19th at 10:00 a.m.

Are you a Caregiver to a senior living with a chronic illness? Caregivers come in all shapes and sizes. No two Caregivers are on the same journey. With the help of Council on Aging Social Service Coordinator, Ann Andras, this new group will explore all facets of Caregiving. The group will be encouraged to share experiences with their peers as well as lend support and encouragement during difficult times.

**"Caregiving is a constant learning experience."  
Vivian Frazier**

### Vaccines for Homebound Residents

Free COVID and Flu vaccines are available to homebound residents in Hampshire County & Chester, MA. Register by visiting this website <https://northamptonma.gov/2487/Homebound-Vaccination-Visits> or call 413-587-4919

### Companion Medical Transportation Grant.

This transportation service is a need-based program offered to South Hadley seniors who have medical appointments outside of South Hadley. Please call Ann Andras for more information.

### Last Chance to Apply for Fuel Assistance!

Fuel assistance deadline is April 30, 2023. For information, contact Ann.

### Brown Bag Program for Seniors

3rd Tuesday of the Month: April 18th  
Pickup between 10:00 a.m. - 11:00 a.m.

### SHINE

(Serving the Health Insurance Needs of Everyone)

Tuesdays from 8:30 a.m. to 11:30 a.m. by Appt.

Sue LaMastro, Certified SHINE Counselor will guide you through the Medicare maze and explore what Medicare Plan is right for you!

### Ann's Community Outreach Visit

Ann will resume her Community Outreach visit at Hubert Place on **Thursday, April 13th at 2:00 p.m.** She will visit **Newton Manor in May** and **Lathrop Village in June.**

### "New" Ann's Visit to the Food Pantry

April 26th From 2:00 p.m. to 4:00 p.m.

Ann Andras, Social Service Coordinator will be at the Neighbors Helping Neighbors Food Pantry on the last Wednesday of each month from 2:00 to 4:00 p.m. Please introduce yourself and inquire about the many services available.

### "NEW" Supporting your local Food Pantry "Neighbors Helping Neighbors"

The Senior Center will resume ongoing support for the South Hadley Food Pantry Neighbors Helping Neighbors. Each month a specific food item or necessity will be listed in the newsletter. Donations can be left in the specially marked box in the Senior Center lobby. **Please do not donate any expired or opened food.** Thank you for being a good neighbor!  
**The requested item for April is: Cold Cereal**

### "NEW" 2023 Summer Senior Farm Share Application Deadline is June 1

The South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is a one-time payment of \$10.00 for the opportunity to have fresh vegetables over a 10-week period. Once again, we are excited to partner with Dave's Natural Garden in Granby! Applications will be collected April and May. Weekly delivery to the Senior Center from the farm will begin in mid July. Applications are available at the Senior Center or by emailing Ann at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov). On June 1st, 30 names will be randomly drawn and those applicants will be notified. You must be 60 years or older to qualify. In addition, you must be able to answer yes to one of the four criteria:

- I receive SNAP benefits (Food Stamps), Medicaid, SSI, AFDC, or Veterans Aid benefits.
- I participate in the Food Bank's Brown Bag Program.
- I live alone and my income is below \$29,160; or the total income of my household is below \$39,440 (only one share per household please).



**Did you know The South Hadley Council on Aging offers a "Stay Well" Wellness Fund? (2023)**

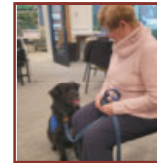
The Wellness Fund is available to South Hadley Residents 60 years and over. A Maximum of \$150 yearly can be used to cover the cost of exercise classes, activities, or programs. Interested individuals, please contact Ann Andras.

Now available at the front desk Visual and audio magnifiers and pocket talkers.

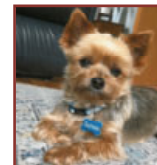
Dear South Hadley Senior Center Members,  
 The UMass Amherst Elaine Marieb College of Nursing is thrilled to have been invited to visit the senior center this Spring semester. Five graduating seniors in our program, Allison, Alyssa, John (JJ), Matthew, and Kylene will visit weekly on Thursdays beginning February 16 through May 4. As their instructor, I will also see you when I drop in! We hope to plan events based on your interests (keep an eye on the announcement boards!) and will host weekly office hours **Thursdays at 10am starting on March 2nd** where you can drop-in to chat with the students and myself about your health or just to connect! Hope to see you soon!  
 -Dr. Sheila Pennell PhD, RN Clinical Assistant Professor, UMass Amherst.



**Pet Therapy**



Riley  
 Thursday at 11:00 a.m.



Duchess  
 April. 3rd and 17th at 12:30 p.m.

**Covid-19 Booster Clinic at The South Hadley Senior Center April, 13th from 11:00 a.m.-2:00 p.m.**

This event will be held inside and does not require an appointment. We ask that you bring your ID, your Insurance, and Vaccine cards. If you do not have insurance, a booster will be provided at no cost. The Booster will be the COVID-19 Bivalent booster (LIKELY Pfizer or Moderna). **You will need to plan to wait 15 minutes for observation, immediately following receiving the booster.**

**Foot Nurse, Sharon Beulieu, RN  
 Tuesday, April 4th 9:00 a.m. to 11:00 a.m.**

The Fee for services provided at the Senior Center is \$35.00 cash/check to the provider. To schedule an appointment at the Senior Center, please call 413-538-5030. To book a house call with Sharon, call 413-552-9533. The fee for a home visit is \$50.00.

**Hampshire Hearing & Speech Services  
 Tuesday, April 11th 8:30 a.m.-11:30 a.m. By Appt.**  
 Hearing Screenings & Aid Cleanings with Audiologists Allison Holmberg and Lisa Howard.

**Visit with Public Health Nurse,  
 Maureen Couture, RN  
 Thursday, April 13th 12:30 p.m. to 2:00 p.m.**  
 Visit with Maureen for blood pressure checks, share a concern, or ask a question.

**Veterans Social Hour  
 Wednesday, April 12th 9:00 a.m. to 11:00 a.m.**  
 Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260. Visit with Mike Slater, Veteran Service Provider, and your fellow veterans.

**Reiki with Sara Lee  
 Monday, April 10th 10:00 a.m.-1:00 p.m. By Appt.**  
 Reiki is a gentle energy healing technique that promotes relaxation and stress reduction. Sara will offer 20 minute sessions with 10 minutes in between for a suggested donation of \$15.00.

**Low Vision Group  
 Tuesday, April 11th 10:00 a.m.**  
 Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.  
 Contact Ann Andras at 538-5030 x6206

**Local help with your Medicare questions.**

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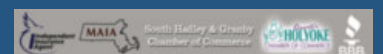
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# April 2023: Patriots Day

Announcements:		
<p><b>Candidates Luncheon (Meet and Greet)</b>  <b>Monday, April 3rd at 11:00 a.m.</b>            Here is your chance to meet the candidates running for election on Tuesday, April 11th. The candidates have been asked to arrive by 11:00am for a meet and greet with constituents. You can join us for lunch if you'd like, or stop in to ask questions and listen to the candidates discuss the issues that are important to them (and you!!) <b>You must call by noontime on Friday, March 31st to reserve lunch.</b>            A suggested, anonymous donation of \$2.50 is asked of those 60/over and a fee of \$6.50 is required for those under 60 yrs.  <b>Don't forget to vote on the 11th!!!</b></p>		
Monday	Tuesday	Wednesday
<p><b>3</b> 9:00 Cornhole            9:00 NIA            9:30 Academic Drawing            10:00 Tai Chi &amp; Qigong            1:00 Zumba Gold            1:00 Mah-Jongg            1:00 Color Me Calm            1:00 Monday Movies</p> <p>Chicken Strip w/ Marsala</p>	<p><b>4</b> 8:30 SHINE By Appt.            9:00 Stretch and Go            9:30 Healthy Bones            10:00 Fitness Basics  <b>10:00 Card Making Class</b>            11:15 All Level Yoga            12:30 Healthy Bones            1:00 Bingo            1:00 Learn/ Play Pinochle            3:00 Trivia Club            3:00 Social/ Ballroom            3:00 Mystery Book Club  <b>3:30 SH Age &amp; Dementia Goals Discussion.</b>            5:30 Yoga</p> <p>Taco Tuesday</p>	<p><b>5</b> 9:00 Dance with Loryn            9:30 Healthy Bones            10:00 Tech Time w/ Sandy            10:00 Personal Training            10:00 Care Support Group            10:45 Healthy Bones            11:00 Gratitude Journal            11:15 Beginner Yoga            12:30 Fitness Orientation            1:00 Mah-Jongg            1:00 Line Dancing  <b>1:30 Supper Club Demo</b></p> <p>Butternut Mac &amp; Cheese</p>
Friday	Thursday	Wednesday
<p><b>7</b> 9:00 Cornhole  <b>9:00 Cracker Barrel Trip</b>            9:30 Healthy Bones            10:30 a.m. Learn to play Mahjongg            10:45 Healthy Bones  <b>10:30 Easter Flower Arr.</b>  <b>11:00 Coffee &amp; Convo</b>            1:00 Cribbage            1:00 Bridge            1:00 Fiber Arts Club</p> <p>Jumbo Ravioli</p>	<p><b>6</b> 9:00 Stretch and Go            9:30 Watercolors            9:30 Healthy Bones            10:00 Fitness Basics  <b>10:00 UCLA Memory Train</b>            11:15 Seated Yoga            12:30 Healthy Bones            1:00 Sit and Sew            1:00 Tech Time  <b>1:15 Trip McKinstry Farm</b>            1:30 Chair Volleyball            2:00 Meditation</p> <p>Ham w/ Cherry Sauce</p>	<p><b>12</b> 9:00 Dance w/ Loryn            9:00 Veterans Social Hour            9:30 Healthy Bones            10:00 Tech Time w/ Sandy            10:00 Personal Training            10:45 Healthy Bones            11:00 Gratitude Journal            11:15 Beginner Yoga  <b>12:30 Beeyondr Tour</b>            1:00 Mah-Jongg            1:00 Line Dancing</p> <p>Chicken Stew</p>
Friday	Thursday	Wednesday
<p><b>13</b> 9:00 Stretch and Go            9:30 Watercolors            9:30 Healthy Bones            10:00 Fitness Basics  <b>10:00 UCLA Memory Train</b>            11:15 Seated Yoga  <b>12:00 Birth+ Ann Lunch</b>            12:30 Healthy Bones            12:30 Public Health Nurse            1:00 Sit and Sew            1:00 Tech Time            1:30 Chair Volleyball            2:00 Meditation            2:00 Ann's Community Outreach- Hubert Place</p> <p>Crab Cake</p>	<p><b>14</b> 9:00 Cornhole            9:30 Healthy Bones            10:30 a.m. Learn to play Mahjongg            10:45 Healthy Bones            1:00 Cribbage            1:00 Bridge            1:00 Fiber Arts Club</p> <p>Salad Bar</p>	<p><b>14</b> 9:00 Cornhole            9:30 Healthy Bones            10:30 a.m. Learn to play Mahjongg            10:45 Healthy Bones            1:00 Cribbage            1:00 Bridge            1:00 Fiber Arts Club</p> <p>Salad Bar</p>
Monday	Tuesday	Wednesday
<p><b>10</b> 9:00 Cornhole            9:00 NIA            9:30 Academic Drawing            10:00 Tai Chi &amp; Qigong            10:00 Reiki- By Appt.            1:00 Zumba Gold            1:00 Mah-Jongg            1:00 Color Me Calm            1:00 Monday Movies</p> <p>Chicken Patty</p>	<p><b>11</b> <b>VOTE TODAY</b>            8:30 SHINE By Appt.            8:30 Hamp. Hearing            9:00 Stretch and Go            9:00 Foot Nurse            9:30 Healthy Bones            10:00 Fitness Basics            10:00 Low Vision Group            11:15 All Level Yoga            12:30 Healthy Bones            1:00 Bingo            1:00 Learn/ Play Pinochle            3:00 Trivia Club            3:00 Social/ Ballroom  <b>3:30 Senior Options Fair</b>            5:30 Yoga</p> <p>Shepards Pie</p>	<p><b>12</b> 9:00 Dance w/ Loryn            9:00 Veterans Social Hour            9:30 Healthy Bones            10:00 Tech Time w/ Sandy            10:00 Personal Training            10:45 Healthy Bones            11:00 Gratitude Journal            11:15 Beginner Yoga  <b>12:30 Beeyondr Tour</b>            1:00 Mah-Jongg            1:00 Line Dancing</p> <p>Chicken Stew</p>

<p><b>17</b></p> <p><b>The Senior Center is Closed.</b></p> 	<p><b>18</b> 8:30 SHINE By Appt. 9:00 Stretch and Go 9:30 Healthy Bones 10:00 Fitness Basics 10:00 Brown Bag 11:15 All Level Yoga 12:30 Healthy Bones <b>1:00 Garden Bingo</b> 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 5:30 Yoga <b>5:30 Lifelong Learning</b> Italian Meatballs</p>	<p><b>19</b> 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:00 Care Support Group 10:45 Healthy Bones 11:00 Gratitude Journal <b>11:00 Hands of Care Visit</b> 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mah-Jongg 1:00 Line Dancing <b>2:30 Cornhole Social</b> Diced Chicken Divan</p>	<p><b>20</b> 9:00 Stretch and Go 9:30 Watercolors 9:30 Healthy Bones 10:00 Fitness Basics <b>10:00 UCLA Memory Train</b> 11:15 Seated Yoga <b>11:30 Memory Café</b> 12:30 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation <b>2:30 Earth Day Discussion</b> Asian Style Sticky Pork</p>	<p><b>21 NO Cornhole</b> 9:30 Healthy Bones <b>10:30 Craft: Spring Jar</b> 10:45 Healthy Bones <b>11:00 Coffee &amp; Convo</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Tossed Salad</p>
<p><b>24</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong <b>12:30 Trip to Towers</b> 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 2:30 Craft Club</p> <p>Swedish Meatballs</p>	<p><b>25</b> 8:30 SHINE By Appt. 9:00 Stretch and Go 9:30 Healthy Bones 10:00 Fitness Basics 11:15 All Level Yoga 12:30 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom <b>3:00 Supper Club-Greek</b> 5:30 Yoga Breaded Chicken Breast</p>	<p><b>26</b> 8:00 Billiards 9:00 Dance with Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mah-Jongg 1:00 Line Dancing 2:00 Book Club Hybrid 2:00 Ann's Visit to the Food Pantry. Beef Burgundy</p>	<p><b>27</b> 8:00 Billiards 9:30 Healthy Bones 9:00 Stretch and Go 9:30 Watercolors 10:00 Fitness Basics 11:15 Seated Yoga 12:30 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation Homemade Meatloaf</p>	<p><b>28</b> 8:00 a.m. Billiards 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones <b>11:00 Coffee &amp; Convo</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Beef Vegetable Soup</p>

**Volunteer Appreciation Month**



**Visiting The Senior Center This Month !**

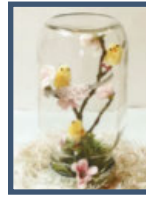
**Coffee and Conversation**  
11:00 a.m. Friday, April 7th Mike Slater, Director of Veterans Services to talk with veterans about Chapter 115.  
11:00 a.m. Friday, April 21st Meet Nicole Casolari, interim select board member, will introduce herself.  
11:00 a.m. Friday, April 28th Starr Florio to discuss the renovation of the Sycamores in South Hadley.  
**Office Hours with Representative Dan Carey and Senator Jacob Oliveira**  
Tuesday April 11th from 11:00 a.m. to 12:00 p.m.  
**Table Talk with Hands of Care**  
Wednesday April 19th from 11:00 a.m. - 1:00 p.m.  
Angie from Hands of Care, will be here to answer your questions.  
**Social and Corn Hole Competition with MacDuffie**  
Wednesday, April 19th 2:30 p.m.  
The MacDuffie students are back for a fun corn hole competition followed by a social with refreshments. Join us for a fun afternoon!

# 10 Arts & Language & Movies- Please Register

## Make Something New with Our Craft Club

### Card Making Class with Joanne Milloy

**Tuesday, April 4th at 10 a.m. \$5.00 for 4 cards**  
Joanne Milloy will be teaching this card making class where you will learn how to create 4 different card designs. All supplies are included!



### Spring in a Jar

**Friday, April 21st 10:30 a.m. Cost \$5**  
Make this one of a kind spring terrarium in a mason jar to remind you of spring anywhere! Limit 10 crafters,

### Flower Arranging: Easter Edition

**Friday, April 7th at 10:30 a.m.**  
**Cost \$10.00 limit to 10 crafters**  
Join Denise from the Springfield Garden Club to make these beautiful arrangements to adorn your holiday table or anywhere you want a touch of spring! All supplies are included.



**March's yarn bird craft was a hit, we can't wait to do it**

## Arts and Language Activities

### Color Me Calm Mondays at 1:00 p.m.

Enjoy the company of friends while you create beautiful coloring pages. Supplies provided.

### Academic Drawing & Painting Mondays 9:30 a.m.

Learn from classically trained artist Anne Mueller on how to produce fine works of art. Fee \$4.00  
Bring your own supplies and subject matter.

### Tuesday Trivia Club Tuesdays at 3:00 p.m.

Test your knowledge with weekly competitions.

### Gratitude Journal Writing Wed. at 11:00 a.m.

Open to all abilities.

### Mystery Book Club Tuesday, April 4th at 3:00 p.m.

To discuss *Wailing Wind* by Tony Hillerman. Meeting on May 2nd to discuss *The Man Who Died Twice* by Richard Osman

### Book Club Hybrid Wed, April 26th at 2:00 p.m.

To discuss *Olive Kitteridge* by Elizabeth Strout.  
Contact: [kflorencia@southhadley.ma.gov](mailto:kflorencia@southhadley.ma.gov)

### Beginning Spanish class

#### Wednesday, April 5th and 19th 1:00 p.m.

Paul Lamotagne, who has been teaching Spanish for 41 years. This course is an introduction to speaking, writing and listening to Spanish. It also includes some history, geography, and culture.

### Watercolors Fee: \$4.00

#### Thursdays at 9:30 a.m.

Tina provides the guidance. You bring the supplies.

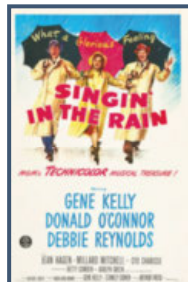
### Sit and Sew Thursdays at 1:00 p.m.

This group is open to quilters, sewers, hand sewing, and mending. From big projects to small. Come sew with friends!

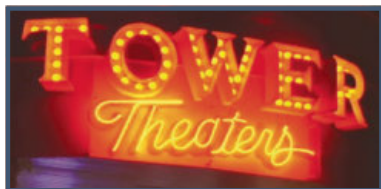
## Monday Movie Matinee at 1:00 p.m.



**4/3 Gigi and Nate (2022)** :Director: Nick Hamm Stars: Charlie Rowe, Marcia Gay Harden, Jim Belushi A young man's life is turned upside down after he is left a quadriplegic. Moving forward seems near impossible until he meets his unlikely service animal, Gigi - a curious and intelligent capuchin monkey.



**4/10 Classic Movie: Singing in the Rain (1952)**: American musical romantic comedy film directed and choreographed by Gene Kelly and Stanley Donen, starring Kelly, Donald O'Connor, and Debbie Reynolds and featuring Jean Hagen, Millard Mitchell and Cyd Charisse. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies"



### 4/24 Monday Movies go to the Movie Theater!

**Ticket to Paradise (2022)** Join us for free small popcorn, a drink, and the movie sponsored by The Friends of the South Hadley Seniors. Doors open at 12:15, movie starts at 1:00 p.m.

**Registration required through the Senior Center.**

**Transportation is available upon request.**

*Thank you*

We are sincerely grateful for all the donations to the South Hadley COA in support of the many activities, programs and services we provide. Donations made in memory of, or in appreciation of are Indicated in bolded letters.

We are grateful for the donations from:

**Teresa Coutu**  
Ann Andras

Kathleen Davis  
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Lynn Camerlin

**Paul Piquette**  
Dottie Piquette

**Judith Lavelle**  
Ann Andras

**Jean & Joseph Mazza**  
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# 12 Fitness Programs

All Exercise Classes are \$2.00

Group Personal Training in the Fitness Center is \$4.00

Funding from the Executive Office of Elder Affairs' Formula Grant and our Activity Gift Fund supplements the cost of our fee-based programs.

## **"Nia" with Instructor Beth Foster**

**Mondays 9:00 a.m.- 9:45 a.m.**

Nia is a cardio-dance workout energizing and conditioning the whole body. Nia blends the precision and strength of the martial arts, the creative joy of the dance arts and the restorative energy of the healing arts.

## **Tai Chi & Qigong for Health & Relaxation with Denise**

**Mondays at 10:00 a.m. (Hybrid)**

**All levels 10:00 a.m. - 10:45 a.m.**

Advanced until 11:15 a.m.

Beginners: build strength, stamina, and learn sequencing. For Advanced add additional 30 minutes to learn Part 2.

## **Zumba Gold**

**Mondays at 1:00 p.m.**

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

## **Stretch and Go with Lindsey**

**Tuesday & Thursday at 9:00 a.m.**

This class will get you up and ready for the day.

## **Fitness Basics with Lindsey**

**Tuesdays & Thursdays**

**at 10:00 a.m. (Hybrid)** Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome.

## **All levels Yoga (Gentle Yoga)**

**Tuesdays at 11:15 a.m. cost \$2**

Incorporates meditation, breathwork, and movement, designed to connect the mind and body. Classes will include floorwork, standing, and balance postures using a variety of props. Modifications offered as needed

## **Intro Social/ Ballroom Lessons**

**Tuesdays at 3 p.m. Cost \$2 (NEW)**

Learn a new dance style!

Your instructor Jeannette LoPresti (JLo) will teach Swing, Rumba, Waltz, Country 2-step, Foxtrot, Cha-cha, Samba and Mambo.

**No partner needed**

## **Evening Yoga with Michaela Driscoll**

**Tuesdays at 5:30 p.m.**

Michaela leads this Hatha Yoga class with extended guided meditation and relaxation.

## **Dance with Loryn**

**Wednesdays at 9:00 a.m.**

Join Loryn for a joyful, all-abilities dance class. Learn a variety of dance moves set to fun music spanning the decades.

## **Group Personal Training**

**Wednesdays at 10:00 a.m.**

**The class fee is \$4.00 per class**

Join Heidi a NASM Certified Personal Trainer and Senior Fitness Specialist for an hour of fun moving circuit style through timed workout stations focusing on functional training in balance, strength, core and flexibility. **You must fill out your application packet and complete the fitness room orientation with Heidi to participate.**

## **Beginner Yoga with Heidi**

**Wednesdays at 11:15 Cost \$2**

Whether you are brand new to yoga or have been practicing for years this class takes us back to the basics with foundational poses using clear and safe alignment.

## **Fitness Room Orientation**

**Wednesday, April 5th and 19th at 12:30 a.m. Mandatory - No Cost**

You must complete your application and your fitness room orientation before using the Fitness Center. Applications are available at the front desk. Once your application is approved, a staff member will contact you to schedule an orientation.

## **Beginner Line Dance**

**Wed. at 1 p.m. Cost \$2**

This is a beginner class where you will learn 6-8 dances from experienced line dance teacher, Jennifer Jones

## **Seated & Standing Yoga**

**Thursdays at 11:00 a.m. (Hybrid)**

Grab a straight back chair, wear some comfy clothes and connect breath with movement.

## **Chair Volleyball**

**Thursdays at 1:30 p.m. -No Cost**

Build core muscle strength and flexibility in this fun and social activity!

## **Meditation with Richard Baer**

**Thursdays 2:00 p.m. No cost**

Richard Baer has been practicing and teaching meditation for almost 50 years. Class includes different meditation techniques. This class is not affiliated with a religious or spiritual tradition.

## **RSVP Healthy Bones & Balance Class (New Classes!)**

**Tuesday & Thursdays**

**9:30 a.m. and 12:30 p.m.- No Cost**

**Wednesdays & Fridays**

**9:30 & 10:45 a.m. classes - No Cost**

This free class is made possible by RSVP. It is designed to increase strength, mobility, flexibility, and balance while having fun and socializing.



**Registration for Healthy Bones & Balance Classes open Thursday, April 20th.**

When you donate directly to the Senior Center Gift Funds, your donation helps us fully, or partially fund all of our fitness programs and our arts and language activities. Your donation also finances our special programs, trips, and the supplies we need for activities. We hope your enjoying all of the amenities the Senior Center has to offer.

Please consider making a donation today.

**We thank you in advance for your support!!! ~ The Senior Center Team!**

In Honor or Appreciation of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Donated by: \_\_\_\_\_

Address: \_\_\_\_\_

*\*If you would like an acknowledgment sent to the family, you must provide the following: Name, address & relationship to the deceased. Name: \_\_\_\_\_*

*Address: \_\_\_\_\_ Relationship to deceased \_\_\_\_\_*

### Senior Center Gift Funds

**Make Check Payable To:** South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

\_\_\_ Wherever Needed Most

\_\_\_ Activities Account

\_\_\_ Caregivers Gift Account

\_\_\_ Newsletter Account

\_\_\_ Services Gift Fund

\_\_\_ Holiday Gift Card/Lights On

## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



Contact **Greater Springfield Senior Services** for more information!

**413-781-8800**

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- Provide an essential voice for residents of nursing homes and assisted living facilities
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- Offer support & encouragement
- Receive ongoing training
- Create their own schedules

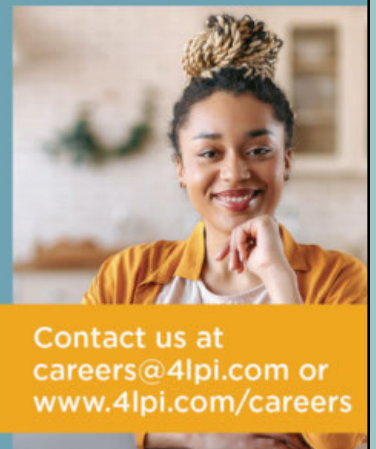
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### FREE STAMPS FOR SENIORS

*In honor of Older Americans Month in May*

Are you a senior or do you have a senior neighbor, friend or family member could use some stamps and notecards? The Friends are sponsoring this free program. Any South Hadley senior is

eligible. The stamps & notecards can be picked up at the Friends' table at the Senior Center on May 12 or May 16 from 11am-1pm or they can be delivered, if needed. Questions? Please call Janet at 534-5886.

*Yes! I am a South Hadley senior who would like stamps and notecards*

Senior Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ Delivery Needed: Yes / No (circle one)

*Yes! I would like to nominate a South Hadley Senior to receive stamps & notecards.  
(Please provide the senior's name, phone & address above and list your name below.)*

Nominating name: \_\_\_\_\_ Phone #: \_\_\_\_\_

*Return this form by May 1 to the Senior Center or mail to the Friends at PO Box 55*



Monday, April 17

11:30am-1pm

Iona's Kitchen (20 Main St)

The Friends of the South Hadley Seniors invite you to join us for lunch to learn more about who we are and what we do. We'll share our calendar of events, goals for the year and how you can get involved in supporting our mission. All are welcome.

*Lunch is free and will consist of  
soup, sandwich, drink & dessert*

RSVP by Thurs, Apr 13  
southhadleyseniors@gmail.com  
or call Janet at 534-5886.

MOVIE TICKET



JOIN US AT South Hadley's TOWER THEATERS

Free Movie - "Ticket to Paradise"

Monday, April 24 @ 1pm



The Friends are sponsoring the movie "Ticket to Paradise" at Tower Theaters. Along with a free ticket, attendees will receive a free small popcorn & drink. Doors open at 12:15. Call or stop by the Senior Center to reserve a ticket.

MOVIE TICKET

**Travel Club** At the COA Wed. 10:00 a.m. to 11:30 a.m. & Thurs. 10:00 a.m. to 11:30 a.m.



Susan Canedy: 413-536-2106 & Huguette Supinski: 413-530-6162.

**April 13, 2023: MA State House and New England Aquarium, Boston, MA.** Guided Tour of the State House and Group Photo followed with a lunch and discussion with Rep. Dan Carey. Then off to the New England Aquarium. Package includes: transportation, tour, aquarium and lunch. Cost: \$90. – Call Huguette.

**May 22, 2023: Aqua Turf Club, Plantsville, CT "Tribute to the BEE GEES – Stayin' Alive".** (SOLD OUT / WAIT LIST ONLY). Don't miss the sounds of the band that defined 70's music. Package includes: Transportation, Show & Luncheon. Cost \$125. - Call Susan.

**June 15, 2023: Indian Princess Cruise, Webster, MA.** Fun aboard the Indian Princess on Webster Lake with lunch at Samuel Slater's Restaurant and stop at Brookfield Orchards. Package includes: Transportation, Cruise and Lunch. Cost \$115. – Call Huguette.

**July 18, 2023: Maine Lobster / Kennebunkport, ME.** Enjoy a Maine Lobster or Prime Rib Dinner at Bull 'N Claw in Wells, ME. followed by a driving tour. Before leaving for home, we'll visit the shops quaint Kennebunkport. Package Includes: Transportation, Luncheon, Guided Tour and shopping. Cost \$130. - Call Huguette.

**August 8, 2023: Country Icons / Log Cabin, Holyoke, MA.** Tribute to Hank Williams, Johnny Cash, Merle Haggard and many more. Package Includes: Luncheon and show (self-drive). Cost:\$90.Call Susan.

**August 22-25, 2023: Quebec City, Canada.** (SOLD OUT / WAIT LIST ONLY). Cost: \$1,040 pp (double); \$1,443 pp (single); \$940 pp (triple). Call Huguette.

**September 7, 2023: Amarante's Sea Cliff – New Haven, CT – Featuring the Elderly Brothers.** Come for the View, Enjoy the Food and Stay for this "Oldies" and Rock 'n' Roll Show. Package includes: Transportation, Luncheon and Show. Cost \$115. - Call Susan.

**October 15 – 22, 2023: Royal Caribbean Florida & The Bahamas Cruise from NJ Pier.** 8 days / 7 nights aboard RCI Oasis Cruise Ship. Costs ranging from \$749. pp to \$ 1,069. pp / plus taxes, gratuities and travel insurance. Call The Ship Shop @ 1-800-243-1630 or Susan.

**Gift Certificates: Give the perfect gift ! Certificates can be purchased in any denomination, never expire and can be used on any trip. Call Susan or visit us at the Senior Center during our Club Hours.**

## South Hadley Falls Prevention Program

S. Hadley Fire Districts 1 and 2, in cooperation with the SH COA and the Age and Dementia Friendly Community invite you to take advantage of the Falls Prevention Program. Schedule a visit with firefighters to identify safety issues in your home. Free smoke alarms, house numbers, or other safety devices needed will be supplied. Call Sandy Farnsworth.

## Rainbow Social Club Monthly Events

**April 5th 5:00 p.m. to 7:00 p.m.**

Holyoke Council on Aging on 291 Pine St.  
Monthly Coffee Hour: Belchertown Council on Aging on 60 State Street, Belchertown.

## Virtual Gathering—Monthly guided discussion

For more information, call WestMass ElderCare 538-9020, or [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org)

## AARP Tax-Aide Program

**We Have Appointment slots open on April 13th!!!**

AARP Tax Aide Program volunteers will be preparing tax returns at our Senior Center. Tax returns will be done on a same-day, drop-off basis. Tax-Aide provides tax assistance free of charge, with a special focus on taxpayers who are age 50+ or have low-to-moderate income. **Taxpayers will NOT be permitted in the tax prep room, nor will there be in-person, face to face help offered; instead all taxpayers will be required to drop off their documents in a large sealed envelope (supplied by the Senior Center) in the COA dropbox by 8:30 a.m. the day of your appointment.** . If you are filing for the Mass Circuit Breaker, you must have ALL Real Estate and Water/Sewer bills that you paid in Calendar Year 2022. If you cannot find them, get a printout asap to put in with your tax papers, else your Circuit Breaker refund will be smaller this year! For Real Estate printouts contact the Treasurer's department. For Water/Sewer bills please contact your water district. **Those wishing to schedule an appointment can call the Senior Center .**



## LGBTQ+ Survey

The South Hadley Council on Aging is reaching out to the LGBTQ+ Community of older

adults in hopes of creating a safe and open community for everyone and to increase our understanding of the unique needs and challenges facing our LGBTQ+ older adults. Please help us by filling out a short survey at [shorturl.at/bqyV9](http://shorturl.at/bqyV9). Paper copies are available at the Senior Center.

## SAVE THE DATES!!

**Registration opens April 1st for all May events, excluding Healthy Bones & Balance.**

**Two Paper Shredding opportunities headed your way. Both are free and occur within a week of each other**

### **May 13th from 9:00 a.m. - 11:00 a.m.**

TRIAD paper shredding. Maximum of 5 boxes can be dropped off at 589 Granby St

### **May 20th from 10:00 a.m. - 12:00 p.m.-**

SHMPA opportunity. Maximum of 5 boxes of paper dropped off at 153 Newton Street,

## **Mah Jongg Tournament -Please Register**

**Mon, May 1st 12:30 p.m.-4:00 p.m.**

In honor of National Mahjongg Day, we will be hosting a tournament! Come join us in the friendly competition! We will have prizes and refreshments sponsored by The Friends of the South Hadley Seniors.

## **Free! Drug Take Back Day**

**April 29th, 10:00 a.m.-2:00p.m.**

At the South Hadley Police Station.  
(41 Bridge Street, South Hadley)

**Medicines can remain in original containers with labels. NO liquids, syringes, IV equipment or chemotherapy drugs. Prescription and non-prescription drugs, vitamins and veterinary meds are accepted.**



## **Jazz Bones Concert**

**Tuesday, May 9th 5:00 p.m.**

Join us for the May Birthday Celebration.

## **Kick Off to The Summer Beat the Heat Series**

**The South Hadley Community Band**

**Tuesday, May 30th 5:00 p.m.**

## **Memorial Day Veterans Breakfast**

**Friday, May 26th 8:30 a.m.**

Join us for a breakfast honoring South Hadley Veterans.





**South Hadley Council on Aging**  
45 Dayton Street  
South Hadley, MA 01075

**Staff Directory**

- Leslie Hennessey, Exec. Dir. Ext. 6204
- Lisa Napiokowski, Asst. Dir. Ext. 6203
- Ann Andras, Soc. Serv. Coord. Ext. 6206
- Kathy Florence, Activity & Volunteer. Coord. Ext. 6207
- Sandy Farnsworth, Program Coord. Ext. 6205
- Emily Joslin, Senior Ctr. Coord. Ext. 6211
- Billy Poe, Food Serv. Coord.
- Donna Gonet & Becki Guerin, Kitchen & Café Assistants

The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the senior center in writing.

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**Mission Statement**

The South Hadley Senior Center provides a culturally responsive environment that promotes opportunities for learning, social interaction and recreational activities that foster a fulfilling and healthy lifestyle for all seniors. Our community is committed to advancing, cultivating, and preserving a culture of empowerment, diversity, inclusion and belonging.

**Resource Directory**

**NEIGHBORS HELPING NEIGHBORS FOOD PANTRY IN SOUTH HADLEY, MA 413-437-7593.**

Online: info@nhnfoodpantry.org Curbside pickup & delivery: Pantry hours are: Wednesdays: 12:30 p.m. to 5:30 p.m. and Saturdays: 10:00 a.m. to 12:00 p.m.

**WEEKEND MEALS: TAKE & EAT INC., PEOPLE FEEDING PEOPLE PROGRAM.**

The meals are prepared and delivered by the faith-based communities in South Hadley and Granby. The meals are provided free of charge to those 60-years of age and up, are homebound, and unable to shop, drive, prepare meals, or have low mobility. Contact: Kathleen Ryan 413-664-1041, or takeandeat@verizon.net

**FOOD SOURCE HOTLINE: 1-800-645-8333**

Food Source Hours: Monday –Friday: 8:00 a.m. to 7:00 p.m. and Saturday: 10:00 a.m. to 2:00 p.m. The Food Source hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities.

**MEDICAL EQUIPMENT**

Used Pick-up and Delivery: Hampshire County Sheriff's Dept. Dave Fenton 413-582-7787

**THE ALZHEIMER'S ASSOCIATION 24/7 HELPLINE (800-272-3900)** Available around the clock, 365 days/year.

**WESTERN MA ELDER ABUSE HOTLINE: 1-800-922-2275**

**VETERAN'S CRISIS LINE: 1-800-273-8255**

**NATIONAL ELDER FRAUD HOTLINE: 1-833-372-8311**

**MASS SOCIAL SECURITY: 1-800-772-1213 (TTY 1-800-325-0778).**

**NATIONAL SUICIDE PREVENTION AND CRISIS LIFELINE 988 ( NEW 3-DIGIT DIALING CODE)**

**THE MASSACHUSETTS SENIOR LEGAL HOTLINE 1-800-342-5297** Assistance is provided in Spanish, Portuguese and Haitian Creole.

**THE COMMISSION ON DISABILITIES (COD).**

The purpose of the COD is to improve and maintain unobstructed access for every resident of South Hadley to all aspects of our town. Feel free to contact us, via email or phone

**HAMPSHIRE ELDER LAW PROGRAM**

Legal Assistance for low income elders in Hampshire County. Call 413-586-8729

**SAGE LGBTQ+ Elder HOTLINE: 1-877-360-LGBT ( 5428)** or www.sageusa.org

**PVTA TRANSPORTATION OPTIONS FOR SENIORS 413-781-7882**

**Senior Fare Free Tuesdays**

Seniors ride PVTA's fixed routes buses for free every Tuesday. Must show valid PVTA Senior ID

**WESTMASS ELDERCARE**

(WMEC) is South Hadley's Area Agency on Aging (AAA). WMEC provides information and services on a range of assistance for older adults and those who care for them. Services include: home care & benefits counseling, mobility assistance, programs, housing and referrals, individual benefits counseling, support groups, caregiver training, respite care and Home Meals on Wheels Program. Call 413-538-9020. Ask for Information & Referral.

**THE STATE-FUNDED HOME MODIFICATION LOAN PROGRAM (HMLP)** Call the Pioneer Valley Planning Commission at 413-781-6045, or www.pvpc.org TTY/TDD: 413-781-7168